

DANCE

INTERMEDIATE BELLY DANCE (Adults)

Designed for those who have had a beginner class or previous experience. Instructor: Garnett Kepler. 7/8 sessions.

Activity #312502A	\$27/Res; \$40/Non-Res
4/7-5/19 Tue 7:40-8:40 pm Foster	
Activity #312502B	\$27/Res; \$40/Non-Res
4/8-5/20 Wed 6:30-7:30 pm Foster	
Activity #412502A	\$30/Res; \$45/Non-Res
7/7-8/25 Tue 7:40-8:40 pm Foster	

MASTER BELLY DANCE (Adults)

Designed for those who have mastered the beginning and intermediate levels. Instructor: Garnett Kepler. 7 sessions.

Activity #312503A	\$27/Res; \$40/Non-Res
4/8-5/20 Wed 5:30-6:20 pm Foster	

BURLESQUE (Adults)

Jazz and Belly Dance styles combines; danced to American music. Two routines will be taught; "You Can Keep Your Hat On" will highlight the use of a hat and jacket (oversized-Men's) as props, and a selection from "Gorillaz" will utilize a feather boa. Instructor: Garnett Kepler. 7 sessions.

Activity #312525A	\$27/Res; \$40/Non-Res
4/9-5/21 Thu 7:40-8:40 pm Foster	
Activity #312525B	\$27/Res; \$40/Non-Res
4/7-5/19 Tue 5:20-6:20 pm Foster	

BELLY DANCE (ALL LEVELS): COMBINATIONS AND LOCKS (Adults)

Students will learn exciting combinations and "POP". Instructor: Garnett Kepler. 4 sessions.

Activity #412527A	\$15/Res; \$23/Non-Res
7/9-7/30 Thu 6:30-7:30 pm Foster	

INTERMEDIATE BELLY DANCE PROP CLASS (Adults)

Students will learn to manipulate double Veil, Cane, Sword, and Baskets. A limited number of props will be provided. Instructor: Garnett Kepler. 4 sessions.

Activity #412528A	\$15/Res; \$23/Non-Res
7/9-7/30 Thu 7:40-8:40 pm Foster	

VEIL DANCE (Beginner adults)

Students will learn veil techniques & combinations including a short routine. Instructor: Garnett Kepler. 4 sessions.

Activity #412530A	\$15/Res; \$23/Non-Res
8/6-8/27 Thu 7:40-8:40 pm Foster	

VEIL DANCE (Intermediate adults)

Students will learn a full routine specializing in using the veil. Music: El Zaffa. Instructor: Garnett Kepler. 4 sessions.

Activity #412531A	\$15/Res; \$23/Non-Res
8/6-8/27 Thu 6:30- 7:30 Foster	

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Margaret Sickles. No class 5/25.

Activity #350500B	\$26/Res; \$39/Non-Res
4/13-5/27 Mon & Wed 6-7 pm Mt. Hope	

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance, martial arts and yoga, and turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Sign up for both days to receive a discount! Instructor: Trudie Wilson.

Activity #350300A	\$48/Res; \$72/Non-Res
4/14-6/2 Tue 6-7 pm Rich	
Activity #350300B	\$48/Res; \$72/Non-Res
4/16-6/4 Thu 6-7 pm Rich	
Activity #350300C	\$60/Res; \$90/Non-Res
4/14-6/4 Tue/Thu 6-7 pm Rich	
Activity #450300A	\$48/Res; \$72/Non-Res
6/16-8/4 Tue 6-7 pm Southside CC (Hill)	
Activity #450300B	\$48/Res; \$72/Non-Res
6/18-8/6 Thu 6-7 pm Southside CC (Hill)	
Activity #450300C	\$60/Res; \$90/Non-Res
6/16-8/6 Tue/Thu 6-7 pm Southside CC (Hill)	



BEGINNING TAP (Adults)

Adult Tap is an innovative tap dance class involving basic tap steps/combinations with traditional dance moves. Choreography is easy to follow so there is no experience necessary. Instructor: Julie Williams. 8 sessions.

Activity #312517A	\$25/Res; \$37/Non-Res
4/7-5/26 Tue 6:30-7:10 pm Foster	

BEGINNING BALLROOM DANCE (Adults)

This class is designed for beginners or as a refresher course. Dances taught will include the Jitterbug, Cha-Cha, Foxtrot and Waltz. Register as couples only! Instructor: Garnett Kepler. 7 sessions.

Activity #312500A	\$27/Res Cple; \$40/Non-Res Cple
4/9-5/21 Thu 6:30-7:30 pm Foster	

PRIVATE BALLROOM DANCE LESSONS

Lessons will be comprised of requests from the Urban and Ballroom dance classes. Dance techniques will be taught at a beginning or intermediate skill level. Instructor: Sterling Armstrong. 4 sessions.

Activity #313373A	\$30/Res; \$45/Non-Res
4/23-5/14 Thu 7:30-9 pm Gier	
Activity #313373B	\$30/Res; \$45/Non-Res
5/28-6/18 Thu 7:30-9 pm Gier	

WEDDING DANCE MOVES

The bride and groom, along with their wedding party, can learn an easy, unique line dance routine for their wedding day. Instructor: Sterling Armstrong. 3 sessions.

Activity #313372A	\$21/Res; \$31/Non-Res
4/23-5/14 Thu 6-7:30 pm Gier	

WOMEN'S FREE FORM DANCE (Adults)

Join us for warm up stretching, yoga, and a good aerobic workout with group led dancing to music. No experience necessary, just the desire to move! Advance registration preferred; walk-ins, \$2 at the door. Instructors: Tina Kahn and Angela Ashley. 10 sessions.

Activity #312508A	\$10/Res; \$15/Non-Res
4/6-5/18 Mon 5:15-6:30 pm Foster	

BASIC HUSTLE 101 (Adults)

In this class you will learn the basic steps to get you started hustle dancing. No experience is needed; we will show you everything you need to know. You may pay for all the sessions or you may pay \$3 residents and \$4.50 non-residents at the door (pictured ID will be required). Instructor: A. Civils. 10 Sessions.

Activity #314111A	\$30/Res; \$45/Non-Res
4/7-6/9 Tue 6-7:30 pm Letts	
Activity #414111A	\$30/Res; \$45/Non-Res
7/7-9/8 Tue 6-7:30 pm Letts	

URBAN LINE DANCE (Adults)

Have fun and learn the basic line dance steps for the old and new Hustles, Cha-Cha and more. At the door prices are \$4 for city of Lansing resident and \$6 for non-residents (pictured ID will be required). Instructor: Sterling Armstrong. 4 sessions.

Activity #313370A	\$25/Res; \$38/Non-Res
4/15-5/6 Wed 6:30-8 pm Gier	
Activity #313370B	\$25/Res; \$38/Non-Res
5/20-6/10 Wed 6:30-8 pm Gier	
Activity #413370A	\$25/Res; \$38/Non-Res
7/8-7/29 Wed 6:30-8 pm Gier	
Activity #413370B	\$25/Res; \$38/Non-Res
8/5-8/26 Wed 6:30-8 pm Gier	